

## Four Week Breakfast Menu Cycle

Monday	Tuesday	Wednesday	Thursday	Friday
$\frac{3}{4}$ cup Cold Cereal* 2 oz Cereal Bar 1 oz. Beef Jerky 1 Small Banana $\frac{1}{2}$ cup 100% Apple Juice 8 oz Milk (Skim, 1%)	1 Toasted Bagel with 1 Tbsp Low Fat Cream Cheese, 1 tsp Jelly) $\frac{3}{4}$ cup Cold Cereal* $\frac{1}{2}$ C 100% Orange juice 8 oz Milk (Skim, 1%)	1 Whole Wheat (W/W) Tortilla with 1 oz of Low-Fat Turkey and 1 oz (1 slice) of Cheese $\frac{1}{2}$ cup LF Yogurt $\frac{1}{2}$ C Fresh Fruit 8 oz Milk (Skim, 1%)	Pancakes (package of 4) with 1 Tbsp Syrup 1 oz of Turkey Sausage $\frac{1}{2}$ cup LF Yogurt $\frac{1}{2}$ cup Sliced Peaches 8 oz Milk (Skim, 1%)	Scrambled Eggs with Ham 1 W/W English Muffin 1 Tbsp Light Mayonnaise $\frac{1}{2}$ cup Mixed Fruit $\frac{1}{2}$ cup 100% Fruit Juice 8 oz Milk (Skim, 1%)
Cinnamon Roll $\frac{1}{4}$ Cup Trail Mix 1 Fresh Orange $\frac{1}{2}$ cup 100% Fruit Juice 8 oz Milk (Skim, 1%)	$\frac{1}{2}$ cup LF Cottage Cheese $\frac{3}{4}$ cup Cold Cereal* 1 piece of Banana Bread with 1 tsp Butter $\frac{1}{2}$ cup diced peaches 8 oz Milk (Skim, 1%)	Egg Sandwich 1 Whole Wheat (W/W) English Muffin 1 Scrambled Egg, 1 oz Diced Lean Ham and 1 oz Shredded Cheese $\frac{1}{2}$ cup Fresh Fruit 8 oz Milk (Skim, 1%)	Banana split in a boat: $\frac{1}{2}$ cup Low-Fat Fruit Yogurt 1 cup (2 oz) Animal Crackers 1 Fruit Muffin 1 Small Banana 8 oz Milk (Skim, 1%)	1 Whole Wheat Tortilla with 1 oz Roast Beef, 1 oz. Cheese, 1 tsp Light Mayonnaise, 1 Lettuce Leaf $\frac{1}{2}$ cup Blueberries 8 oz Milk (Skim, 1%)
1 small Bran or Whole Grain Fruit Muffin; 1 tsp Jelly $\frac{1}{2}$ cup Cottage Cheese $\frac{1}{2}$ cup Diced Peaches $\frac{1}{2}$ cup Orange Juice 8 oz Milk (Skim, 1%)	Breakfast Burrito with Salsa $\frac{1}{2}$ cup Potato Wedges 1 Fresh Orange $\frac{1}{2}$ cup 100% Fruit Juice 8 oz Milk (Skim, 1%)	$\frac{1}{2}$ c Low-Fat Fruit Yogurt $\frac{1}{2}$ cup Oatmeal 1 Cereal Bar $\frac{1}{2}$ c Raisins 8 oz Milk (Skim, 1%)	1 Cheese Filled Soft Pretzel $\frac{3}{4}$ cup Cold Cereal* 1 Small Banana $\frac{1}{2}$ cup Apple Juice 8 oz Milk (Skim, 1%)	$\frac{3}{4}$ cup Cold Cereal* $\frac{1}{4}$ cup Trail Mix Sting Cheese $\frac{1}{2}$ cup Mandarin Oranges 8 oz Milk (Skim, 1%)
1 Slice Breakfast Pizza $\frac{3}{4}$ cup Cold Cereal* 1 Fresh Orange $\frac{1}{2}$ cup Variety Juice 8 oz Milk (Skim, 1%)	6 (1 pkg) Wheat and Cheddar Snack Crackers 6 oz. LF Yogurt $\frac{1}{2}$ cup Apple Sauce 8 oz Milk (Skim, 1%)	$\frac{1}{2}$ cup Oatmeal, 2 tsp Brown Sugar, $\frac{1}{4}$ cup Raisins 1 Hard Boiled Egg 1 (2 oz) Fruit Muffin $\frac{1}{2}$ C 100% Fruit Juice 8 oz Milk (Skim, 1%)	1 Peanut Butter and Jelly Sandwich $\frac{1}{2}$ cup Sliced Peaches 8 oz Milk (Skim, 1%)	Pancake N Smoked Links with 1 Tbsp Syrup $\frac{1}{2}$ cup Potato Wedges $\frac{1}{2}$ cup Blueberries $\frac{1}{2}$ cup 100% O. J. 8 oz Milk (Skim, 1%)

\* Select high fiber, reduced or low sugar cereals. Refer the recommended cereal list at the following link for more information: [http://www.opi.mt.gov/Programs/SchoolPrograms/School\\_Nutrition/HealthyMT.html#gpm1\\_3](http://www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/HealthyMT.html#gpm1_3) click on Healthful Menu Resources link.

Developed by Montana Team Nutrition Program, September 2009. Contact [kbark@mt.gov](mailto:kbark@mt.gov) or call (406) 994-5641.

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